

Biological Battlefields & Relationships at Risk



Through tactical fear and news of a multitude of deaths, the true narrative and pathology of Covid, the people are equipped with a plentitude of information pointing them to one direction.

On the other hand, researchers are uncovering adverse information and taking alternative measures against Covid.

Vaccine as an Answer:

Before we get into any discussion, let's define vaccine: a preparation that is administered (as by injection) to stimulate the body's immune response against a specific infectious agent or disease: such as

1) an antigenic preparation of a typically inactivated or attenuated pathogenic agent (such as a bacterium or virus) or one of its components or products (such as a protein or toxin),

2) a preparation of genetic material (such as a strand of synthesized messenger RNA) that is used by the cells of the body to produce an antigenic substance (such as a fragment of virus spike protein)

This information was obtained by the Merriam-Webster Dictionary.

Research as an Answer:

How can research help me locate options that resonate with me?

In doing your own research, you have to know what questions to ask, and you have to read each article without emotion. Take notes. Research again. Scratch out the notes that become irrelevant. Replace them with repetitive information.

You will find certain pieces of information that continue to surface. At the point where you've read enough, pray over all that you have learned. When you wake up, your instinct will answer you. Instinct can also be defined in many other ways, including *Spirit*, *Ancestors*, and *Holy Spirit*.

Whatever you choose to do regarding vaccination, do not judge loved ones. Just take your own precautions. Wear masks, wash hands, distance.



Photo Credit: SF Gate
Photo taken circa 1865

Hau'oli La Hanau e Queen Liliuokalani

By far, Queen Liliuokalani's life was not an easy one. Her position in life, combined with her love for the people of Hawai'i Nei, kept her motivated to preserve the health and welfare of her people until the day our beloved Queen passed away.

Let us take this time to remember Queen Lili'u for the great things that she has accomplished during her lifetime.

Perhaps as your personal gift to Queen Lili'u, let us suggest that you do a Google search using her name and any year between 1865 and 1917.



These are *our* communities

What is Gentrification?

Gentrification is a process in which a rural community undergoes an undeniable amount of experiences that change the landscape of the community through an influx of middle-class or wealthy people who renovate, build homes and open foreign-based businesses and which often results in an increase in property values and the displacement of earlier, usually poorer residents.

It is a process that alienates people in their own safety zones, alarming them that their traditional way of life no longer serves the new community that has moved in.

According to Zillow, real estate prices are going up throughout the islands and without the raising of minimum wages. In most other states, when the cost of living goes up, so does minimum wage. It is known in the Labor Board as *Fair Market Wages*. Unfortunately, in Hawai‘i this does not happen. Many international companies actually feel bad for residents in Hawai‘i because of this. These companies can always be easily noticed for offering higher than minimum wage to their employees.



Photo credit: www.crewhu.com

Resilience as a Strategy

Fighting back will only take us so far, if we don't begin to take action or be proactive. It is simply not enough to complain without providing some sort of solution for our children's generations.

Begin with making SMART Goals. Let's decode the acronym in the picture above:

S - Specific: Be specific about your goal. Answer questions such as *who, what, where, when, which, and why*.

M - Measurable: how can you figure out how far you've come? Find a way to break down your goals into steps that you can measure.

A - Achievable: You can actually reach any goal. Don't even ask yourself if you believe you can do it. You made the goal, of course you can do it! But break it down so you can celebrate milestones along the way.

R - Realistic

T - Timely

Damages of Tourism

From one end of the spectrum to the next, the common denominator that seems to unite our communities in 2021 seems to be the visibility of the damages of tourism.



Photo credit: www.Pinterest.com

Despite the bandwagon propaganda that the state puts out, the tourism industry only contributes to 21% of Hawai‘i’s economy, as proven via Google search, Wikipedia, and other resources. Did a lack of tourism affect many workers? Certainly. Did the loss of tourism during Covid outbreak #1 hurt? No. All businesses have been subject to constantly changing rules and lack of business.

It is time that we the people start using our voice as one to achieve better living conditions in Hawai‘i for the future of our descendants - all people; this is not an issue limited to Hawaiians.

Let us work together to diversify and strengthen our local economy.

Resilience continued...

Once you’ve created your SMART Goals, you mark the steps and your proposed deadlines on the calendar. You might want to give yourself two weeks to research the answers to your questions. Mark that date on your calendar. Also, mark a reminder about three days before your deadline to make sure that you stay on track.

Another mark on your calendar should be positive affirmations. Mark a statement that you repeat to yourself every week: “I will succeed because...”

Marking these affirmations helps to remind you that you will succeed because you have every reason to. It reminds you of the reasons that drive you to continue to strive.

5 Things To Tell Yourself Today

1.

I am doing my best

2.

I am worthy of all that I desire

3.

I am loved

4.

I am being supported

5.

I love myself unconditionally

The Good Party

There is a new resource for all Aloha ‘Āina Party candidates in the 2022 election.

The Good Party is not a political party at all. It is actually a platform for candidates who operate to empower the Voice of the People and Common+Unity.

The crowd-sourcing campaign system generates profiles much like other platforms do, however they assist candidates in becoming strong voices for the people through the very same principles that they promote.

Candidates receive an endorsement page to share facts with skeptics who do not believe that anyone outside of the perceived two-party system can succeed.

To support your favorite candidate, please visit:

www.thegoodparty.com

Pūlama Long is committed to creating a sustainable business that is driven by community investment and to teach ulana lauhala in ways that immerse participants within the wisdoms of kūpuna, transforming new insights into woven art pieces.

Please visit Honi Hala's website honi hala.bigcartel.com.



2022 Candidate Spotlight

Ernest Carvalho



“ I don’t know what it’s like to give up”

A veteran with post-servitude experience on the streets of Los Angeles before returning home to Hawai’i to care for three young boys needing a role model, Ernest Carvalho has climbed mountains and faced challenges that many would have given up on. He credits God and an unbelievable testimony that inspired Ernest, changing his life forever.

Fast forward to today, Ernest continues to serve his position in the three lives that brought him back home to Hawai’i, as well as serving on a number of boards and committees ranging from the Knights of Rizal, HGEA, member of the Fraternal order of Eagles, Vice President of Chinatown Lions Club, a Master Mason, a member of Chinatown Business Community Association a Board Member of NB 13 and many more. He actively works with community agencies to eradicate dangers on the streets of Chinatown, and serves the homeless, houseless, and at-risk communities via one-on-one assistance.

Ernest is a true advocate for his community and continues to strive for the health and safety for every member of the greater community. His greater goals of achieving economically sustainable futures for all, outline his character and passion to uplift his community.

Nūpepa 'o Hui Aloha 'Āina

Volume 9

Kepakemapa 2021



Mahiku A'o Mai

Food Security Services

A newly installed farm in Ka'eleku, Maui has recently completed their first acre of food forest while maintaining habitat for the endangered species that currently reside on that land.

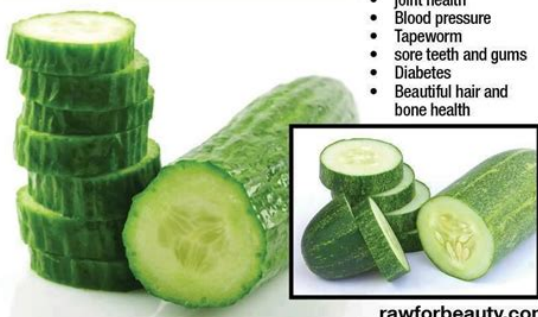
For more information on this project, please visit their website at www.kahalemahiku.com.

Health Benefits

So every now and then, our AAP 'ohana likes to get together to look up the health benefits of the food we eat.



- High water content
- Rich in vitamins A, B and C and minerals like magnesium, potassium, manganese, and silicon
- Swelling around the eyes.
- Digestive problems
- Constipation
- joint health
- Blood pressure
- Tapeworm
- sore teeth and gums
- Diabetes
- Beautiful hair and bone health



rawforbeauty.com

Photo credit: Raw for Beauty

CNA Training Program Class

During Covid, we needed you. Now with the new Delta variant, we need you more than ever.

CNA Hawai'i Institute

provides a wealth of assistance in starting your own career in the medical field.

New classes are forming now. Scholarships are available through various organizations and the school can help you get that.

<http://cnahawaiiinstitutellc.com/>

All Kaina Grindz

Makawao, Maui

<https://www.foodtruckonmaui.com/>



KKCR: Living Sovereign

How do you live sovereignly? What is a living sovereign? These questions and many more can be answered if you tune into Living Sovereign with Auntie Puanani Rogers on the first Monday of every month at KKCR Radio, Kaua'i.

Tune in here, at this link:

<https://www.kkcr.org/onair/genre/hawaiian-sovereignty/>

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There are a few words that everybody's tutu believed about food, that we found *funny* when we were young. Since then, that memory has long ago been replaced with a thousand more memories, and in some random conversation during adulthood it comes back up.

Did you know that putting sliced potatoes or onions in your socks at night can draw a fever out of you?



Photo credit: www.viralands.com

Did you know that both garlic and ginger can be used in the same manner as antibiotics? Without side effects?



Photo credit: www.biggieboxers.com

Explore what East Maui has to offer at www.hanamaui.com

Coqui! Coqui!



Photo credit: www.PBS.org

In the 1980s, the coqui frog was accidentally introduced to Hawai'i through nursery plants. The unintended introduction eventually turned into a catastrophe because there are no natural predators to keep the coqui population in balance with nature. Therefore, the coqui frogs overpopulated their thriving zones quickly, and have become problems because of their aggressive appetite for insects. The frogs compete for natural resources from other species who do the same, thus causing imbalances across our entire landscape ecosystem. Since 2018, the coqui frogs have been found on the five major islands of Hawai'i.

Citric acid helps control coqui populations. When sprayed on infested plants, the solution removes eggs, juveniles, and adult frogs. For more information, contact your island's Invasive Species Council.

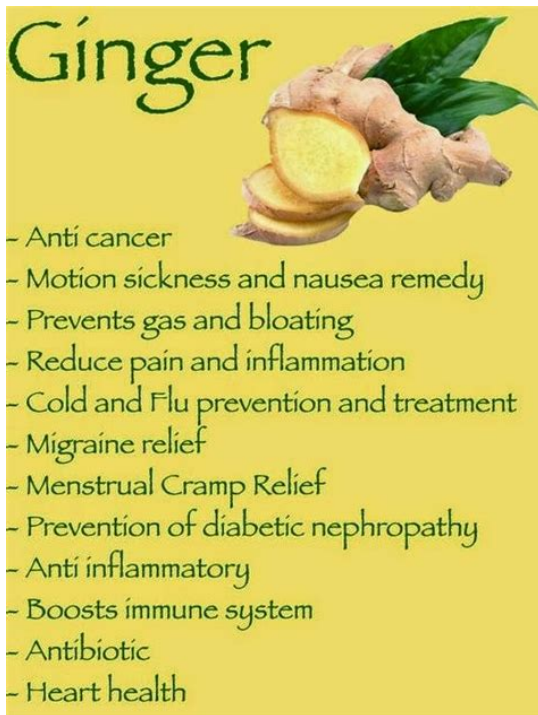


Photo credit: www.noor-lifestyle.com

Did you know that 'olena (turmeric) has been documented to be a cure of over 580 health conditions?



Photo credit: The Health Site

We dare you to Google your favorite foods to see how they benefit you!

Brian's Hale Maui

Brian's Hale Maui is a nonprofit organization that serves the adult Autism community of Maui.

It aims to support the personal growth and development of those seeking a greater sense of independence, through a variety of activities and the provision of a facility to house struggling families of adults with Autism.

Their mission statement reads:

" TO HONOR, PRESERVE, PERPETUATE, AND SUPPORT THE EDUCATION AND PERSONAL DEVELOPMENT OF INDIVIDUALS LIVING WITH AUTISM ON THE ISLAND OF MAUI "

The nonprofit is currently seeking donations of your old t-shirts to utilize for a creative art project at their facility. For purposes related to sanitary condition, you can send, mail, or drop off donations to the organization's founder, Jan Ornelas at:

288 Manini Place, Kihei, HI 96753

For those who are dropping off, please go to the house furthest in the rear of the property.

For more information on the nonprofit, please visit www.brianshale.org

Potential Vaccine Mandates

According to AP Press, the Pfizer vaccine has finally been FDA approved, but now there are more talks in the atmosphere about potential mandates. As of right now in Hawai‘i, it is becoming a common practice to either vaccinate or provide weekly testing at your own expense, in order to participate in professional activities.

As of last week, Governor Ige is entertaining the idea to mandate another lockdown in an effort to control the amount of cases being presented to an already understaffed and overwhelmed healthcare system.

On any given day, people are posting on social media, trying to influence friends to seek safety through vaccination. The topic is everywhere one goes, and is becoming a great source of a collective mental breakdown of society during a time of the world's 6th largest mass extinction.

To protect yourself and to minimize the negative implications of catching the multitude of newly surfacing variants, please consider wearing a mask and sanitizing yourself consistently.



Maui 'Ohana Gardens is an initiative of Food Security Hawai'i, a local non-profit dedicated to long-term regenerative local food solutions. Sign up at www.mauiohanagardens.com for updates on webinars, workshops, tree give-aways, and seedling subscription service.

Federally Listed Endangered Species



Photo credit: Native Plants Hawai'i

Makua daisy

Tetramolopium filiforme

An endemic shrub that grows less than 3 feet tall, the Makua daisy is considered critically endangered and is on the federal list of endangered species. The plant is native to O'ahu. For more information, please visit:

http://nativeplants.hawaii.edu/plant/view/Tetramolopium_filiforme

September is Hawaiian History Month

A History shared by Pearl Harbor Tours¹

The formation of Pearl Harbor began 1.5 million years ago, and once was a river situated between mountain ranges, called *Wai Momi*. Some time after that, it is believed that a series of natural events such as a massive earthquake or a mega tsunami caused a division that created the islands of Lana‘i and Moloka‘i. Debris can still be found between Moloka‘i and the Nu‘uanu Pali, and coral formations at high elevations on the two smaller islands confirm the prior attachment to O‘ahu.

During the time of the formation of a lagoon, Kanaka Maoli began to settle in the area, having sailed from the southern seas of the Pacific Ocean. For over six hundred years, the shores of what is now known as Pearl Harbor were fished for sustenance, not pearls. The extensive fishpond complex in the growing lagoon provided for the community through a system of land management known as the ahupua‘a system and consisted of sustainable environmental management for hundreds of years before capitalism and warfare disrupted all life habitating the archipelago.

Guardian sharks by the historical names of Kahiuka and Ka‘ahupahau protected their families from flesh-eating sharks that would occasionally swing by this area to cause mayhem.

The upper mountain slopes of *Wai Momi* were adorned in the cultivation of kalo, and the Ewa area provided plenty of abundance for families. Later, the area consisting of Pearl Harbor, was known by its slopes and called Pu‘uloa to describe the long hill leading to the lagoon. Once upon a time, there was a vast network of twenty-seven fishponds filled with sustainability. Today, the area is chock full of commercial industries and adorned with mechanical landscapes.

¹ <https://www.pearlharbortours.com/blog/ancient-hawaiian-history-timeline/>